


What happens after First Steps?

After you have your baby or are no longer pregnant, your DSHS medical coverage will continue for two months. This will still be full medical, vision and dental coverage. After two months you will start receiving a Family Planning Only ID card. You will continue to receive this for 10 months. This ID card will only pay for birth control methods. This includes all methods, prescribed (such as pills, shots and sterilization) and over-the-counter such as condoms, foam, sponges and Emergency Contraception.

Your baby will receive full medical coverage until his/her first birthday.

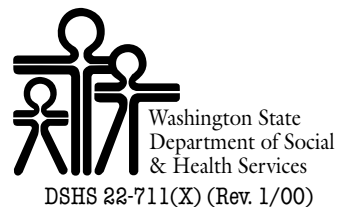
If you are receiving a cash grant and medical coverage, there will be no change in your coverage.



Are you pregnant and worried about
finding a health care provider?

Do you wonder what to do next?

We encourage you to call the telephone
numbers listed in this brochure. You and
your baby deserve to get off to a good start.



Medical Assistance Administration



Take the
First Steps
Toward a Healthy
Life for You and
Your Baby





What is First Steps?

First Steps is designed to help pregnant women get the health and social services they may need to be a healthy mom and to have a healthy baby. First Steps offers you the Maternity Support Services team of a Community Health Nurse, a Nutritionist, a Social Worker, and a Community Health Worker. Maternity Case Management can link you with more resources in your community. These health care professionals will advise and support you during your pregnancy.

First Steps even offers child care and transportation services when you go for your prenatal care visits. These checkups are vital for a healthy pregnancy.



First Steps Services

- Paid medical bills
- Transportation to medical appointments
- Child care while at medical appointments
- Child birth education
- Medical care for your newborn
- Help accessing medical care for your children
- Drug education and assistance
- Family Planning services when your pregnancy ends



Why is First Steps offered?

The Washington State Legislature created First Steps in 1989 because healthier babies mean a healthier future for everyone.



When is First Steps Available?

First Steps is available to you as soon as you know you are pregnant. The services begin during your pregnancy and may last until your baby's first birthday, depending on your circumstances. Getting good prenatal care as early as possible is good for you and your baby.



Who is eligible for First Steps?

All pregnant women covered under Medicaid are eligible for First Steps. Women who have no medical coverage are urged to apply for First Steps.



How do I apply for First Steps?

To apply for Medicaid/First Steps, call your local DSHS Community Services Office (CSO). CSO's are listed in the front of the telephone book in the Government section under Washington State.

**You may also call
Healthy Mothers, Healthy Babies:**

1-800-322-2588

TDD/Hearing Impaired only:

1-800-833-6388

